

metro

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Wednesday, May 23, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

WASH UP ON THESE SHORES

Your fun-in-the-sun guide as beaches open this weekend. 19



Here's where NYC parks rank in the US. 6

Report: Rangers to make David Quinn hire official. 23

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NYC'S IRISH GO #HOMETOVOTE

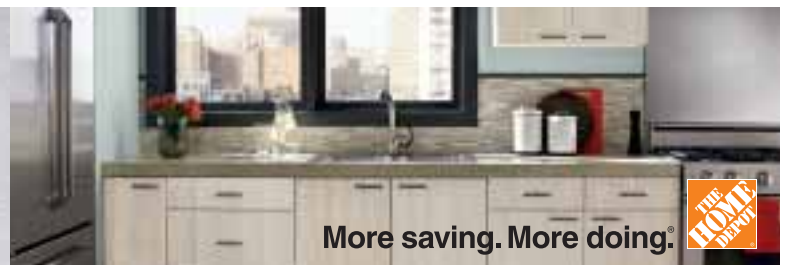
NYC's tight-knit Irish community is torn over a proposed change to Ireland's abortion laws — so much so that they're flying back in droves this week to cast their votes on the matter. 4



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THINGS
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ELAINE MCCALLIG, REPORTER

When I booked my one-way ticket to NYC from Ireland a little over a month ago, I was leaving a divided country. The abortion referendum has permeated every facet of Irish life in recent months and has been the subject of heated debate. The country is torn on the matter — and so is New York's Irish community. Unafforded a vote, there's a distinct sense of paralysis among the diaspora, especially as many hope to return to the Emerald Isle one day. There's only so much you can do 3,000 miles from home in NYC — but to find out how two incredible Irish ex-pats are making their voices heard from across the water, turn to page 4 or visit metro.us.

TRUMP CASTS DOUBT ON
NORTH KOREA SUMMIT

President Donald Trump said on Tuesday there was a "substantial chance" his summit with North Korean leader Kim Jong Un will not take place as planned on June 12 amid concerns that Kim is resistant to giving up his nuclear weapons. Trump raised doubts about the Singapore summit in talks with South Korean President Moon Jae-in, who came to Washington to urge Trump not to let a rare opportunity with reclusive North Korea slip away. If the summit is called off or fails, it would be a major blow to what Trump supporters hope will be the

biggest diplomatic achievement of his presidency, and a huge disappointment for the president himself. "There's a very substantial chance ... it won't work out. And that's OK," Trump told reporters. "That doesn't mean it won't work out over a period of time. But it may not work out for June 12. But there is a good chance that we'll have the meeting." Trump said whether the meeting will be held as scheduled will be determined "pretty soon." "North Korea has a chance to be a great country and I think they should seize the opportunity," he said.

REPUBS ONLY INVITED
TO SEE CLASSIFIED DOCS

Two Republican lawmakers, and no Democrats, are expected to attend a meeting scheduled for Thursday to review classified information relating to President Donald Trump's suggestion the FBI might have used an informant to gather information on his 2016 election campaign, the White House said on Tuesday. Trump's closest conservative allies in Congress have been clamoring for access to the classified documents. The lawmakers have accused the FBI and Department of Justice of political bias against Trump

in favor of Democratic former Secretary of State Hillary Clinton during his successful presidential campaign. The meeting attendees will be Representatives Devin Nunes, chairman of the House of Representatives Intelligence Committee, and Trey Gowdy, chairman of the House Oversight Committee, White House spokesman Sarah Sanders told the daily news briefing. FBI Director Christopher Wray, Director of National Intelligence Dan Coats and Acting Principal Associate Deputy Attorney General Ed O'Callaghan are also expected to attend, she said.

INTERNATIONAL TROOPS TRAIN IN TOWNSVILLE
AS PART OF EXERCISE SOUTHERN JACKAROO

3 U.S. Army soldiers from Apache Company 235 Inf. 25th Infantry Division assault an urban complex during Exercise Southern Jackaroo on Tuesday in Townsville, Australia. Exercise Southern Jackaroo is an annual training event involving U.S. Marines, U.S. Army, Japanese Ground Self Defence Force and Australian troops.

GETTY IMAGES

NY TIMES: COHEN PARTNER
NOW COOPERATING

4 A business partner of President Donald Trump's personal lawyer Michael Cohen has agreed to cooperate with prosecutors in investigations, The New York Times reported on Tuesday. Evgeny Freidman, a Russian immigrant who is known as the Taxi King, will avoid jail time and will assist government prosecutors in state or federal investigations, the newspaper report said, citing a person briefed on the matter. The New York State Attorney General's Office said in a press release that Freidman had pleaded guilty to

a criminal charge on Tuesday. Freidman has been Cohen's partner in the taxi business for years, even after New York City regulators barred Freidman from continuing to manage taxi medallions, The New York Times said. Freidman's lawyer Patrick Egan declined to comment on the Times report. Freidman had been accused of failing to pay more than \$5 million in taxes and five other criminal counts. In pleading guilty to a single count of criminal tax fraud, Freidman will be sentenced to five years' probation, the attorney general's office said.

HAWAII LAVA FLOW HEADING
FOR GEOTHERMAL PLANT

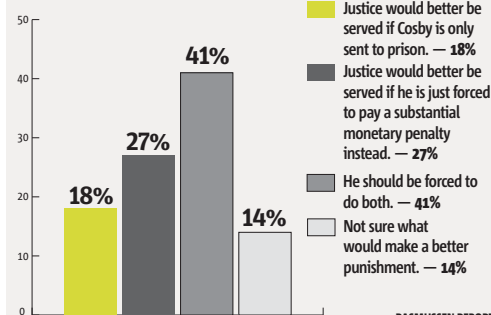
5 A new lava flow from Hawaii's erupting Kilauea volcano edged toward a geothermal power plant on Tuesday after destroying a warehouse at the facility, after the volcano entered a more violent phase at the weekend. Workers at the now closed Puna Geothermal Venture, which provided around 25 percent of electricity on Hawaii's Big Island, scrambled to cap the last of three deep wells to reduce the risks of an uncontrolled release of toxic gases should they be inundated by lava. The race at the site marked the latest chal-

lenge facing authorities during what geologists call an unprecedented, simultaneous eruption at Kilauea's summit and from giant volcanic cracks or fissures 25 miles down its eastern flank. A lava flow from one of the fissures entered the 815-acre geothermal plant complex on Monday night and destroyed a warehouse, County of Hawaii government spokeswoman Janet Snyder said. Another fissure reactivated on Tuesday and sent lava flowing slowly in the direction of the plant, County of Hawaii Civil Defense said in a tweet.

STATS

BILL COSBY

Cosby has been found guilty of aggravated indecent assault. He is 80 years old. Would justice be better served if Cosby is sent to prison, forced to pay a substantial monetary penalty or both?



RASMUSSEN REPORTS



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NEWS



Protesters hold up placards during the London March for Choice, calling for the legalizing of abortion in Ireland after the referendum announcement, outside the Embassy of Ireland in central London in 2017. GETTY IMAGES

How New York's Irish community is reacting to the abortion referendum

The #HomeToVote movement is encouraging Irish citizens to travel home and vote on the liberalization of abortion laws in their home country.

ELAINE MCCALLIG
letters@metro.us

One of the most divisive referenda in Ireland's history has divided New

York's tight-knit Irish community — with some ex-pats planning to return to the Emerald Isle to cast their vote on the proposed liberalization of Ireland's abortion laws.

Demonstrations from both pro-life and pro-choice camps, spearheaded by Irish citizens, have spilled onto the streets of NYC in recent months as the abortion referendum comes to a head this Friday.

A traditionally Catho-

lic country with conservative ideals, Ireland has made huge strides in becoming increasingly liberal in the last two decades. With an increased inclination toward secularism, the ongoing Peace Process in the North and the grassroots social justice movement from Irish colleges, the political and social landscape has altered immeasurably since the '90s.

The next step for Ireland's progressives is securing the removal of

the Eighth Amendment, which grants the unborn the equal right to life to that of the mother, but abortion rights have been met with significant backlash from the pro-life lobby and the Catholic Church.

Intense campaigning on the universally contested abortion topic is now taking place in Ireland, with campaigners erecting posters, going door to door to speak with the electorate, and disseminating literature.



A pro-choice mural in Dublin urging a yes vote in the referendum to repeal the eighth amendment of the Irish constitution. GETTY IMAGES



John Aidan Byrne is the founder of Pro Life USA. ELAINE MCCALLIG

NEW YORK'S IRISH ARE HEADING #HOMETOVOTE

The #HomeToVote movement is encouraging Irish citizens to travel home and vote.

One of those making the trip across the Atlantic Ocean is Dubliner-turned-Brooklynite, Lucie Heseltine.

Heseltine moved to Brooklyn a little over a year ago and is currently working in the legal department of a financial agency in the city.

"The fact of the matter is that abortions do happen, and will continue to happen whether this referendum passes or not. If it passes, it will allow for equal medical attention for every woman in need, not merely those with the

resources to be able to travel to obtain it," said Heseltine.

Louth native John Aidan Byrne, the founder of Irish Pro-Life USA, has lived in New York for 30 years.

He argues that more needs to be done to expand the postal voting criteria for Irish citizens living abroad as the lack of voting options for the diaspora has led to a great sense of "disenfranchisement."

As it stands, Irish citizens living abroad cannot be added to the Register of Electors.

"The coming referendum will have profound consequences for us all," John says. "The Irish and

our friends in America have seen the horrible destruction of legalized abortion nationwide. Since we are denied a vote, we implore our fellow Irishmen and Irishwomen to be our voice, as well as a voice for mothers and their unborn children — and to vote no."

Currently, the only instance in which abortion is legal in Ireland is when there is a risk to the mother's life.

Health Minister Simon Harris' draft legislation proposes that if passed, abortion will be allowed in all circumstances up to 12 weeks gestation. In the event in which the mother's life is at risk,

abortions will be accessible up to 24 weeks gestation. Beyond 24 weeks, abortion will only be accessible in the case of fatal fetal abnormalities.

If the referendum does not pass, the status quo will remain.

"The fact that Irish people living abroad are not afforded the opportunity to vote on something as important as constitutional reform is a travesty and something that needs to be changed," said Heseltine. "I am lucky enough to be in the position where I am able to return home to vote in the referendum. I see it as my responsibility to do so."



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New York City parks make top 10 best in US list

Here's why the Big Apple's parks rose to the top of the Trust for Public Land's annual ParkScore ranking.



KRISTIN TOUSSAINT
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Despite being called the concrete jungle, there's still plenty of green space throughout the five boroughs — enough, in fact, to rank New York City parks some of the best in the country.

New York City parks made the top 10 out of 100 city park systems,

according to a national report by the Trust for Public Land.

The Trust is a non-profit that works to create and protect parks so they can be enjoyed by people across the country. Each year, the Trust releases its annual ParkScore index that looks at how many residents of major cities live within a 10-minute walk of a park, how big those parks are and what kind of recreational amenities they offer.

New York City parks beat out others in this metro area by a landslide, coming in at No. 9 out of 100 of the largest United States cities. Though that's a drop from last year, when

New York City parks ranked seventh, the five boroughs still beat out their nearby neighbors of Newark, which landed in the 73rd spot, and Jersey City, which ranked 53rd.

A whopping 97 percent of New Yorkers live within a 10-minute walk of a park, the report found. Nationally, just 70 percent of residents in ParkScore cities meet that standard.

However, New York City got dinged in this report for its parks' small sizes. The median New York City park is 1.1 acres, compared to the national ParkScore median of 5 acres. Still, even though New York City parks are small,



New York City parks, like the Brooklyn Bridge Park, are some of the best in the country, according to a new report. WIKIMEDIA COMMONS

they make up 21 percent of the city area.

New York also lacks in recreation and senior centers, with just 0.1 for every 20,000 residents, compared to the national ParkScore average of 0.8 per 20,000, though parks here do have plenty of amenities like splash pads, dog parks and basketball hoops.

"High-quality parks make cities healthier in nearly every way. Proximity to parks

increases physical activity levels among children and adults, reducing risk for obesity, diabetes, and other serious health conditions," said Adrian Benepe, director of city park development for the Trust, in a statement. "Parks also help clean the air, mitigate the risk of storm damage, build relationships among neighbors, and contribute to economic growth."

TOP 10 U.S. CITIES WITH BEST PARKS, ACCORDING TO THE TRUST FOR PUBLIC LAND

1. Minneapolis, MN
2. Saint Paul, MN
3. Washington, DC
4. Arlington, VA
5. San Francisco, CA
6. Portland, OR
7. Cincinnati, OH
8. Chicago, IL
9. New York, NY
10. Irvine, CA

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Officials: Eleven-block stretch of Rockaway Beach will be closed during the summer

While 4.5 miles of Rockaway Beach will open this weekend, the stretch between Beach 91st Street and Beach 102nd Street will be closed this summer.



NIKKI M. MASCALI
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A large portion of Rockaway Beach in Queens will be closed for the summer due to safety concerns, NYC Parks announced just days before Memorial Day weekend.

While 4.5 miles of Rockaway Beach will open as scheduled this weekend, the 11-block stretch between Beach 91st Street and Beach 102nd Street will be closed because of



While New York City beaches are opening this weekend, an 11-block section of Rockaway Beach in Queens is not due to safety concerns. GETTY IMAGES

erosion and to maintain the post-Hurricane Sandy dune built to protect inland residents.

"This decision was made in the interest of safety, and that will always remain our top priority," said Commissioner Mitchell J. Silver. "The re-

birth of Rockaway Beach stands as a symbol of this community's strength and determination to move forward after the devastation of Hurricane Sandy, so having to close even just a small portion of it is very difficult for us."

Silver added that NYC Parks and the Mayor's Office of Resiliency and Recovery, will continue working with the U.S. Army Corps for a long-term fix to offset erosion and protect the coast.

In addition to the 4.5-mile stretch of Rockaway

Beach that will remain open for swimming and recreation, the boardwalk and surfing area from Beach 88th Street to Beach 91st Street will be opened. A section of beach in front of the 97th Street concessions and bathrooms will be open for recreation, but there will have no water access.

NYC Parks will have signage at subway stops, ferry landings and along the boardwalk to direct beachgoers to the closest accessible beach.

While Assistant Life-guard Coordinator Javier Rodriguez agreed with NYC Parks' decision to close the section of Rockaway Beach — saying, "there is just not enough beach in this section to be able to allow swimming in a safe manner, and we don't want to have any lives put in unnecessary danger" — Queens Borough President Melinda

Katz did not.

"This will significantly hurt the local community and Queens economy during the vital visitor season," she said in a statement. "The closure of 12 blocks of the Rockaway Beaches is unacceptable, and the Rockaways deserves better."

Katz added that the community had expressed concerns "about the vulnerable shoreline to the Parks Department for years," even after the Army Corps last replaced 3.5 million cubic yards of sand on Rockaway Beach in 2014.

"The community repeatedly warned the city that without permanent protective measures, the sand would soon need to be replaced again," she said. "The consequences of the city's failure to act earlier will be disproportionately borne by the Rockaway community."



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Using data from last Memorial Day, Clever Commute has some insider info on when might be the best time to get out of New York City for the holiday weekend. **ISTOCK**

The best times to leave New York City for Memorial Day weekend

Using Clever Commute data from last Memorial Day, here's what travelers could face if they're leaving the city this holiday weekend.



NIKKI M. MASCALI
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CLEVER COMMUTE'S FIVE T'S FOR STRESS- FREE HOLIDAY TRAVEL

While Clever Commute's data from last Memorial Day can guesstimate some of what New Yorkers might face this weekend, the app does share its suggestions, dubbed the "Five Ts," for making traveling on the holiday as stress-free as possible.

Tickets Do not under any circumstances wait until Friday to buy your tickets. Lines at booths and kiosks can be extremely long on getaway days like Friday, so it may be worth the inconvenience of popping into the station well before you travel — or simply using the ticket apps for Metro-North, LIRR, NJ Transit or NY Waterway.

Timing Use last year's Memorial Day data as a guide, but be sure to include some wiggle room just in case there's overcrowding, delays, traffic and all the fun stuff usually associated with any holiday travel.

Timetables Many of the transit agencies that serve New York City will add extra service to offset expected surges in travelers, so be sure to check out their timetables and trip-planning sections for the most current info.

Terminal Choose your departure point wisely, and “if it is at all within your control, avoid New York Penn Station,” *Clever Commute* suggested.

If you're taking NJ Transit, you might want to think about leaving from Hoboken or Newark Penn Station. LIRR passengers, consider Atlantic Terminal or Hunterspoint Avenue for eastbound access.

TIPS

Other suggestions Clever Commute made for a better experience this Memorial Day weekend include:

- Planning ahead by figuring out your mode of travel and getting tickets early
- Dressing in layers
- Bringing your own snacks/drinks to save time and money

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Memorial Day is the unofficial start to summer, but nothing can derail the weekend's celebratory mood quite like getting stuck in traffic or a mass delay on mass transit as many New Yorkers flee the city in droves.

But thanks to Clever Commute, a mobile app that combines crowd-sourced user info with real-time data from New Jersey Transit, Metro North, Long Island Rail Road and other buses, ferries and light rail, New Yorkers have some insider info on the best times to get out of the city on public transportation this Memorial Day weekend.

If you can hit the rails before 1 p.m. on Friday, you should be good, according to Clever Commute data from last year, but after that, you'll likely be contending with countless other commuters as app users reported crowds and standing-room-only service.

By 3:45 p.m. last Memorial Day, those heading to all points east on the LIRR faced mass delays due to high passenger volume, and those traveling on Metro-North saw delays of their own, as well as the cancellation of a 6:07 p.m. train from Grand Central Terminal.

Bus commuters last year saw long lines at the Port Authority starting at 12:30 p.m., while an influx of complaints about long lines and big crowds started rolling in on Clever Commute by 2:30 p.m.

"The year-over-year prediction is subject to a few caveats such as the weather," Clever Commute Founder and CEO Joshua Crandall told Metro. "If the forecast for Friday remains 'sunny and warm,' we'll see the escape skewed toward earlier trains and buses."

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Gun control groups point to the regular toll of shootings across the United States as evidence that more needs to be done to rein in the proliferation of weapons. **ISTOCK**

Texas opens talks on school safety after shootings

The U.S. Supreme Court has avoided major gun cases for a number of years, leaving in place restrictions on guns enacted by some states.

Texas Gov. Greg Abbott opened a three-day series of discussions with lawmakers, school superintendents and public safety officials on improving school safety on Tuesday, days after a teenager killed 10 people at a Houston-area high school.

About 20 people, including supporters and opponents of arming teachers, attended the first meeting in the state capital, Austin, following the fourth-deadliest U.S. school shooting this year at Santa Fe High School in Santa Fe, Texas, on Friday.

"The problem is that innocent people are being shot and that must be stopped," Abbott, a staunch gun-rights supporter, told reporters before the meeting.

"We all want guns out of the hands of those who will try to murder our children. The questions is, what are we, the leaders of Texas, going to do to prevent this from happening again."

Abbott, a Republican, has vowed that any changes to state laws would "protect Second Amendment rights."

The Second Amend-

ment of the U.S. Constitution enshrines the right to bear arms. Gun rights proponents say it prohibits regulations on gun ownership and that enforcement of existing laws should be sufficient to stop violent incidents like the one in Santa Fe.

Gun control groups point to the regular toll of shootings across the United States as evidence that more needs to be done to rein in the proliferation of weapons.

The U.S. Supreme Court has avoided major gun cases for a number of years, leaving in place restrictions on guns enacted by some states.

In contrast to Florida, where the killing of 17 teens and educators in February sparked a youth-led movement calling for new restrictions on gun ownership, the Texas tragedy saw elected officials and survivors alike voicing support for gun rights.

Some gun rights proponents in Texas have embraced the idea of arming teachers, a strategy advocated by the National Rifle Association and U.S. President Donald Trump. That solution is largely rejected by survivors and parents in Parkland, Florida, after

the carnage there.

Police arrested Dimitrios Pagourtzis, 17, at the Santa Fe school following the rampage they said he committed with a shotgun and a .38-caliber pistol. He is charged with capital murder of 10 people — eight students and two teachers.

Police said Pagourtzis confessed to Friday's killings after being taken into custody, but they have offered no motive yet for the massacre.

He is being held without bond, on suicide watch, at the Galveston County Jail in Galveston, Sheriff Henry Trocheset said.

Four minutes after Pagourtzis started shooting, police entered the school's hallway and exchanged gunfire with him while he remained in a classroom, allowing the rest of the school to be evacuated, Trocheset said.

"They contained him in that one area, isolated to them, engaging with them, so that he did no more damage to other classes," the sheriff told a Monday news briefing.

Trocheset said he does not believe that any of the 10 deaths were caused by officers' gunfire but he said he could not rule that out until autopsies are performed. **REUTERS**

"The problem is that innocent people are being shot, and that must be stopped."

Gov. Greg Abbott



In a new study done on mice published Sunday, researchers from the University of Sao Paulo, Brazil, found that intermittent fasting could leave people at risk of developing type-2 diabetes. **istock**

Is intermittent fasting healthy? This is what you need to know

The popular “diet” has weight-loss benefits, but recent studies show it could increase your risk of diabetes.



SAM BRODSKY
Samantha.Brodsky@metro.us

Besides the keto diet, intermittent fasting has been the talk of the health sphere — and the internet — as one of the most popular diets in recent years. It entails alternating periods of fasting and eating. The bottom line is this: It's not necessarily about what you eat. It's about *when* you do.

Cara Harbstreet, M.S., R.D., told Shape.com that intermittent fasting is a “means of cycling between periods of fasting and eating, following a specific and predetermined pattern. People may be drawn to this form of dieting because it does not specify what to eat.”

Here are a few intermittent fasting methods people follow:

The 16:8 method: This entails eating within an eight-hour period and fasting the rest of the day. Prevention.com calls this “Leangains.”

The warrior diet: Here, you fast for 20 hours a day and eat one large meal every night.

The 5:2 program: This has you eating about 25 percent

of your normal calories for two days per week. Author of “The Fast Diet,” Michael Mosley, details that, on these days, women should be consuming 500 calories and men should be consuming 600. The rest of the week you eat normally.

Eat-stop-eat: Prevention.com describes this method as fasting for one or two

full days a week and eating normally the remainder of the week. (These fasts are for a 24-hour period. For instance, after dinner on Tuesday, you'd refrain from eating until dinner on Wednesday night.)

Two-meal day: This requires that you eat just two meals a day, either breakfast and lunch or lunch and dinner.

Is intermittent fasting healthy?

So, is intermittent fasting healthy? Yes and, like all lifestyle choices, no. It can have positive benefits toward your health, but there are some people who should avoid giving it a try altogether.

Harbstreet warned that anyone with an active eating disorder, orthorexia or “other disordered eating behaviors” should refrain from intermittent fasting of any kind. She

said that intermittent fasting “can be especially challenging for those who become preoccupied with food or struggle with rebound overeating after a period of fasting.”

It also goes without saying that those with hypoglycemia should be wary about trying intermittent fasting, as they're prone to low blood sugar levels. A recent study actually found that intermittent fast-

ing increased hypoglycemia in type-2 diabetes patients.

“If you find that you can't get your mind off food and end up eating more than you would if you had not fasted, it's likely that intermittent fasting is doing more harm than good,” Harbstreet stressed. “That goes not only for your health but also your relationship with food and how you nourish your body.”



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“Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment... prepares for overw

By Matt Edgar

America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the **NY Pain MD** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they, too, can be helped. And newer research indicates it can help hips, ankles and shoulders as well".

What Is This

Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good...

or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your "normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint—much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider:** Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by

a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in

a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months. "And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And...

When Should You Start?

You should certainly consider The **NY Pain MD** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why ...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation... that's it.

Why Treatments At NYC Pain MD Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at **NY Pain MD** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible when using **NY Pain MD** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T.). To achieve the best results.

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helping demand as news of it's impressive results spread across NYC and Tri-State Area

But There Is A Problem...

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be

Here's How To Get A Free Screening at NYC Pain MD

Simply call 877-568-8350 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation "Knee Pain Screening". Discover if The *NYC Pain MD* Program can ease your knee arthritis pain like it has already done for so many others.

NYC Pain MD

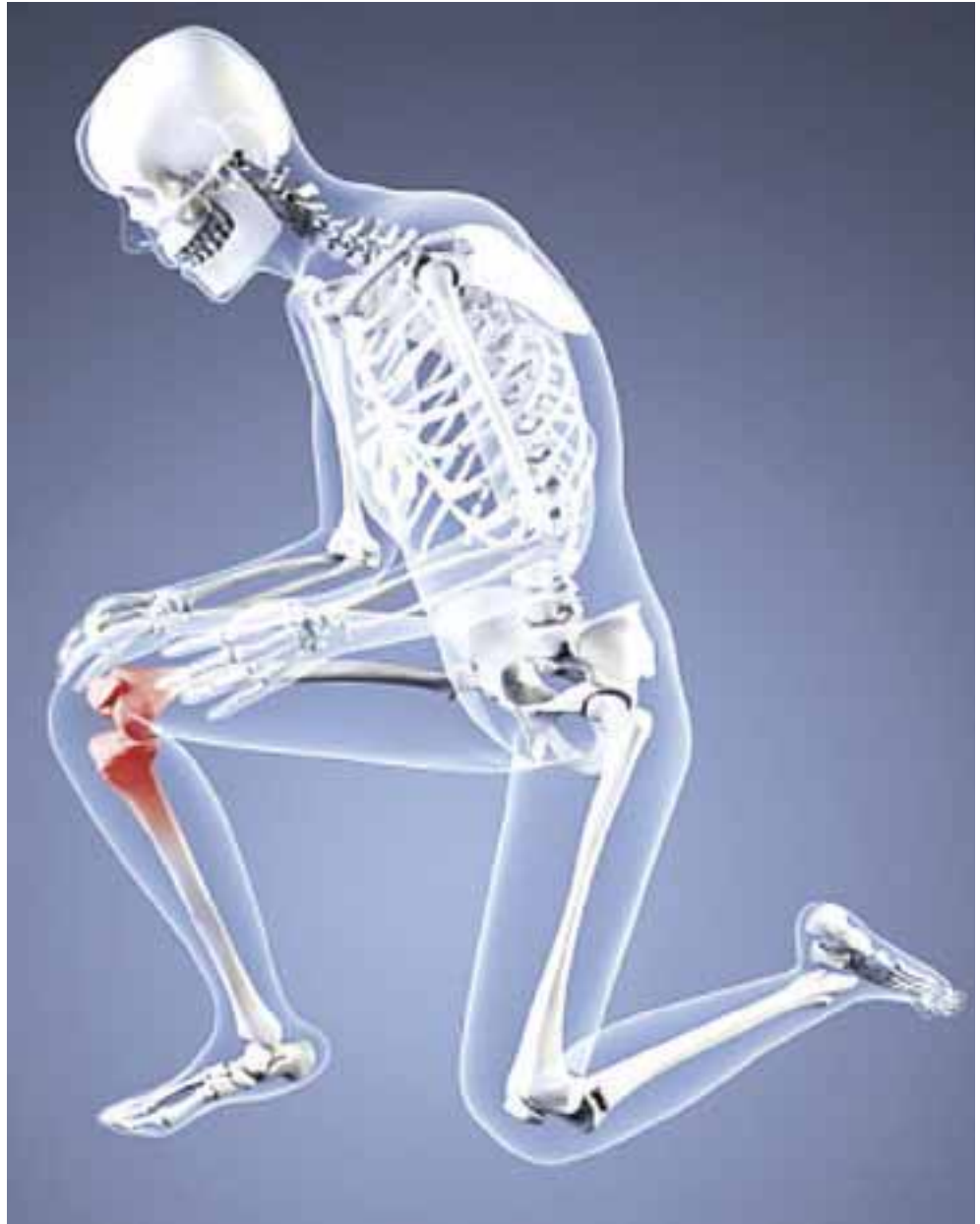
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www.PAINMDNY.com

accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That's why *NY Pain MD* would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-568-8350 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a "*NY Pain MD Knee Pain And Arthritis Screening*." They will know exactly what you are talking about and schedule you for our first time available. During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the *NY Pain MD* protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hundreds calling weekly. Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost, No Obligation screenings is limited to just 20. But... just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized... ready to take on the brand new day... without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just



"imagine" any more... because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give *NY Pain MD* a call at 877-568-8350 right now. Why wait one more day in pain when you may not have to? Call now before some one else get's your spot.

One More Thing & This Is Important...

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail... just keep calling back. The possibility of living pain-free is well worth the effort it may take to get through to *NY Pain MD* schedule your No-Cost,

No-Obligation screening.

And don't forget: The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one our scheduling coordinators.

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2 Things you should know before upgrading your kitchen

Remodel your kitchen the right way. **PAT KING**

Nothing is worse than moving into a new apartment or home with a lousy kitchen. Many people will avoid putting a down payment or signing a lease

they think it doesn't cut the mustard, while many choose to make upgrades to build the kitchen of their dreams. It can be done! But just keep in mind, there are

a few things you should know before upgrading your kitchen. Luckily, Home Depot is here to help. Here are few helpful tips for your next kitchen remodel ...

Does your kitchen have enough space for your new appliances?

You may have your eyes set on a certain sleek refrigerator or washer and dryer that would bring your kitchen into the modern era. But if you do not have the space to accompany these new units. Make sure that you thoroughly take inventory of the space available in your kitchen before attempting to install them. You could wind up cutting down your cooking wobble room down considerably and setting off a claustrophobic reaction the next time you try to host Thanksgiving dinner.



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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center, is funded by the National Institutes of Health and sponsored by Johns Hopkins University.



2

How to remove your old kitchen faucet

Much to your dismay, removing a kitchen faucet isn't really as simple as unscrewing it from your sink and putting in the brand-new one. As it turns out, there is a little bit more that goes into it than that and you should really know how to do it before you find yourself and the rest of your kitchen covered with water.

First thing is first, you should turn off the water supply to your kitchen sink. There should be a tiny little valve next to each of the pipes



running up to the faucet underneath the cabinet that houses your entire sink. Once that has been turned off, put a cloth up to the drain opening and place a bucket underneath the sink inside the cabinet so that you can catch any water that will come out as a result of the pressure being released from turning off the valve.

Next, take an adjustable

wrench and wiggle the hot water and cold water lines from the sink. The nuts keeping the faucet in place will probably be stuck due to years of activity, so use some penetrating spray to wipe away the grime left behind. Once you have removed them, you are free to pull your old faucet head off of the sink and get ready to install your shiny new one.

3

Installing kitchen cabinets the right way

Having the right amount of cabinets to hang over your kitchen counter is a great way to store all of your essentials. It definitely beats having your dishes piled up in a drying rack next to your sink. But before you install your cabinets, there are a few things you should know before drilling them into your walls.

First, you should use a stud finder to locate the studs in your walls. If your home has wooden studs, drilling into them will give more support than simply drilling your cabinets into drywall. However if you have steel studs, you will need to avoid

them as they will destroy your screws. In either case, you should mark on your wall where the studs are located.

Next, you should measure the dimensions of your cabinets and mark on your wall where you would like the base and the height to be on your walls. Using a level — with a piece of wood as a guide — mark your walls with exactly where the cabinets should sit against your walls. Once you have plotted this out, you are ready to start drilling.

Make sure to check out more kitchen upgrade tips from Home Depot at home.depot.com/c/kitchen_ideas.

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the GRUMBLE

Seriously? No love for vaping?

BY PETER BLANKENSTEIN, HEALTH CARE DIRECTOR – PRINT AND DIGITAL

READERS REACT:



Pat King
Grumble Editor

Today, we have a rebuttal to my Grumble against "Vaping Indoors" from Metro's very own Peter Blankenstein. As a vape enthusiast himself, he's got a lot on his mind regarding this topic.

VENT TO US!
GRUMBLE@METRO.US

What's with all the vape haters? I smoked 2 packs of Newports every single day for years. I used to wake up coughing, having pain in my chest, and I couldn't run for more than 90 seconds without gasping for breath. I switched over to vaping almost three years ago and I feel great! I run 12 to 15 miles every week, and I can tell you with 100 percent certainty, that it is way healthier than smoking cigarettes. I speak to doctors on a daily basis about vaping studies, as it is my job, and the jury is in — HEALTHIER THAN CIGARETTES! I am just trying to better my life, so what's with all the hate, all the dirty looks on the street, and my personal favorite — people walking by me flailing



Peter enjoys a vape in the office. LENYON WHITAKER

their arms and covering their face, like I'm blowing poisonous gas into their face. What, is my awesome-smelling Funkmaster Flakes

bothering you? And please don't follow me on Twitter, as I don't have a Twitter account, because Twitter is silly, #UnSubscribe.

GRUMBLE RESPONSES:

ANNOYING OFFICE THINGS!

If you work in a large office building you know you are going to encounter all types of people. There are people that "reply all" to emails, people that bathe in cologne/perfume and people that don't "fill it" when they "kill it." I am referring to the communal coffee. I think it's a great "perk" (pun intended) that my office supplies free coffee to its employees. What is not great is when you go to fill up your cup with that much-needed pick-me-up, you push down the pump handle of the coffee carafe only to be greeted by the horrible gurgling sound of an empty container. My mother taught me, "You kill it, you fill

Tell us what you think!



@metro newyork

it," or, if you take the last of something communal, it's your duty to replace it for the next person. I'm tired of people not thinking about the outside world and other people in it. Stop just thinking about yourself!

- Kevin Reid, Metro US reader

PEOPLE TAKING UP SPACE ON CROWDED TRAINS!

People who use their phones while hanging onto a bar or strap and taking up more room on a crowded train, having a fat backpack on their back and oblivious to how much room they're taking up.

- Lorraine Albanese, Metro US reader

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GETTY IMAGES

"What will it take for people to stop saying, 'Be Like Me' and start saying, 'Be like Bron?'"

The winning caption from Lori Romanausky Zeaman, Metro US reader

TOMORROW'S PHOTO:



GETTY IMAGES



metro.us/horoscopes



Aries Keep a low profile. Put your energy into something that you know will make a difference. Sit tight and don't make personal changes until investigating your options.



Taurus You've got all the right moves if you stay calm and execute your intentions in a steady and knowledgeable manner. Don't take on too much and making rash decisions.



Gemini A business trip or conference call will help you better understand what's expected of you. Doing research and talking to experts will help you figure out a way to fulfill your promises.



Cancer A new look will lift your spirits. You can sign a contract, make a personal commitment and alter your current home life to better suit your needs. Romance is highlighted.



Leo Get along with your peers. Collaborate with people who keep up with new concepts, technology and information, but don't force yourself to think the same way.



Virgo A meeting will help you understand what's going on. Talk to an expert or someone close to you who has valuable information. Express your thoughts and feelings.



Libra Work alone or at least keep what you are doing a secret. It's best not to present what you are working on until you have everything in place. Handle domestic problems pragmatically.



Scorpio Do what you can to help out, but don't force your will on anyone. Listen to others and understand their problems, and offer suggestions. Personal improvements are encouraged.



Sagittarius Don't be too quick to share your feelings. Someone will use personal information against you to make you look bad. Make doing your work and finishing what you start your priorities.



Capricorn A change will do you good. Visit someone you find interesting and discuss matters that will help clear up any uncertainty you've been feeling. A friendly gesture will be well-received.



Aquarius Channel your energy into making physical improvements at home. Don't get into a scuffle with someone over something you cannot change. Avoid unpredictable or indulgent people.



Pisces Emotional misunderstandings are likely to develop if you aren't forthright about your feelings or are dealing with someone evasive. Be direct and ask questions. EUGENIA LAST

LIFESTYLE



Rockaway Beach is the only game for surfing in town, but the neighborhood's growing food scene makes it a destination too. **NYC PARKS**

Wash up on these shores

Public beaches open Memorial Day Weekend, and we've got your guide to the best in the city.



EVA KIS
eva.kis@metro.us

Summer's unofficial arrival is Memorial Day Weekend, and that's good enough for the New York City Parks Department, which opens public beaches on May 26.

Technically, you can lounge on the sand anytime — Rockaway Beach is even something of a nighttime destination. But swimming is only allowed on the city's 14 miles of beaches when lifeguards are on duty from 10 a.m. to 6 p.m.

The beaches will remain open through Labor Day, Sept. 3. That gives you a little over three months to make the most of every warm, sunny weekend.

Coney Island Beach

The fun at New York's amusement park extends to the shores of Coney

Island Beach, where thousands stake their umbrellas on sunny days. There's plenty here to fill way more than a day between the thrill rides of Luna Park and the Wonder Wheel, the New York Aquarium, classic freak shows and all the sights of the Boardwalk. Be sure to try New York's original hot dog at Feltman's (but also the one at Nathan's for comparison), grab a pint at Coney Island Brewery and grab a sweet treat at William's Candy Shop.

Getting there: Take the B, D, F, N or Q train or ride to the end of the Ocean Parkway bike path

Rockaway Beach

Though a popular stretch of Rockaway Beach has been closed for the summer, there are 4.5 miles of shoreline that remain open. Kids can alternate between splashing in the waves and playing their way across the beach's seven playgrounds. For the grown-ups, Rockaway is also the only beach with proper conditions for surfing, and Surf Lessons New York will



Coney Island Beach is a summer bucket list must. **JIM McDONNELL**

get you out on the waves (67-69th and 87-92nd streets). For food, find some of the best tacos in the city at Rockaway Beach Surf Club or try the backyard cookout fare at Rippers, then stay for live music on weekend nights at the beachside Caracas Arepa Bar.

Getting there: Take the A to the end of the line, or the J/Z to the Q52 bus. From Lower Manhattan and Sunset Park, take the NYC Ferry to 108th Street.

Orchard Beach

The so-called "Riviera of the Bronx" sits along a 1.1-mile inlet called Turtle

wrongly presumed private playground of the Staten Islanders living in the beach bungalows along the shore has become one of the borough's best semi-hidden secrets. Cedar Grove Beach is a hit with those looking for a cleaner, quieter day on the seaside away from South and Midland beaches. There's only one lifeguard on duty, so the designated swimming area is not as wide as the beach, but the tranquility and lack of crowds should make up for the inconvenience.

Getting there: Take the Staten Island Ferry, then the SB86 bus right to the sand

Fort Tilden Beach

Come for the solitude and history at Fort Tilden Beach, possibly the only national park where topless sunbathing is common (though that's your right on any beach in the city). The secluded beach is part of a 26,000-acre federal recreation area, so there's nothing but fine white sand as far as you can see — and not much else, so bring your own food and drinks,

and note that there's no lifeguard on duty. The fort was built in 1917 and now hosts tours as well as art exhibits; the surrounding area also has several nature walks.

Getting there: By ferry from Pier 11; take the 5 train to Flatbush Avenue-Brooklyn College and transfer to the Q35 bus towards Riis Park, but request a stop at Fort Tilden

Jacob Riis Park Beach

The hippest of New York's sands, Jacob Riis Park Beach has spawned its own summertime Beach Bazaar with concession stands by Fletcher's BBQ and Ample Hills Creamery among many others, with free concerts by local bands. Swing by the Art Deco bathhouse built in 1932, which now holds art exhibits, or just enjoy the mile-long beach prized for its calm vibes with beach chair and umbrella rentals available from the bazaar.

Getting there: Take the A to the end of the line, or the J/Z to the Q52 bus. From Lower Manhattan and Sunset Park, take the NYC Ferry.

Cedar Grove Beach

What used to be the

Diet vodka is now a thing

But how many calories does it actually save?



LINNEA ZIELINSKI
linnea@metro.us

There's been only one name in low-calorie alcohol for a while: the vodka soda. It's the drink order that screams, "I'm on a diet and don't drink beer!" (Light beer is another story entirely.) For those of you who want to watch your waist without canceling that round of cocktails, there's a new product on the market: diet vodka.

But is this low-calorie alcohol actually worth the swap? We break down the new product, what makes it "diet vodka" and what it really can and can't do for your nights out if you're a calorie counter.



Yes, diet vodka is real. GETTY IMAGES

So what is diet vodka? Diet vodka is the latest product from Ketel One, although you won't find it branded as "diet vodka." The

brand is calling it Ketel One Botanical, and it seems to be making a run at the range of spiked seltzers hitting the market just in

time for those boozy beach parties. Ketel One describes it as "vodka distilled with real botanicals and infused with natural

fruit essences," and the website boasts that the low calorie alcohol is free of both sugar and artificial sweeteners. The three varia-

tions, made without artificial flavors, do seem made specifically for the La Croix drinkers: Peach & Orange Blossom, Cucumber &

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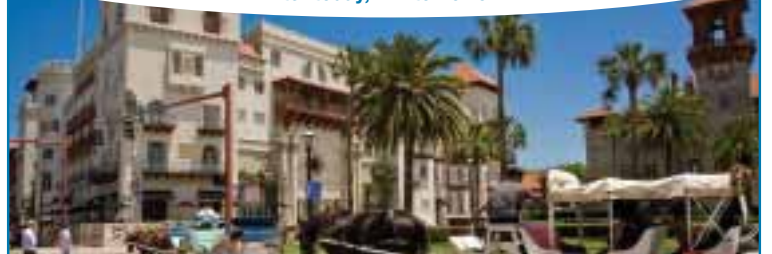


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Mint and Grapefruit & Rose. Each of them is a 30 percent ABV alcohol, which is why you also won't see this called diet vodka. Technically vodkas need an ABV of 40 percent, for 37.5 for flavored variations, so the Botanical line is "made with vodka." But that's also one of the reasons it's a low-calorie alcohol.

So just how low are we talking when we call this a low-calorie alcohol, and how many calories can diet vodka save you on any given night? We break it down.

How many calories is it? Ketel One boasts that their Botanical line has just 73 calories per serving and 0 grams of carbs. (Though

if you're someone who counts macros, you'll need to account for these calories in your carb and fat macros for the day.) As the company points out, that means a serving of this low-calorie alcohol clocks in at 40 percent fewer calories than a glass of white wine (around 120 calories).

But what about a straight

comparison? How many calories will you save by swapping your vodka for diet vodka? It's actually only about 25 percent fewer calories, or roughly 25 calories. That difference comes largely from the lower ABV. If you're someone who knocks back four or five vodka sodas in one night, it might be worth

saving that 100 calories if you like the Ketel One Botanical flavors. If, however, you only have one, it might not be worth the swap.

Keep in mind, too, that the biggest punch to your daily caloric intake will still come from the mixers if

you're a vodka drinker. Switching to diet vodka if you're mixing your drinks with regular soda or sugar-laden syrups isn't going to save you much. You're better off going with real vodka, which is already a low-calorie alcohol, and asking for diet soda or sparkling water instead.



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'The Toys That Made Us' returns for a second nostalgia-filled season

Take another trip down memory lane with the popular Netflix series.

ANDREW HUSBAND
letters@metro.us

In December, the documentary series "The Toys That Made Us" surprised critics and Netflix subscribers with just how great it was.

They were probably expecting a show about the toys that helped shape American popular culture to be nothing more than a historical recounting with talking heads, but that is precisely what it is not. On Friday, a second season will debut brand-new episodes detailing the stories behind four more toy



Toys are more than just kid stuff. NETFLIX

lines, and their significance these past few decades.

Created by Brian Volk-Weiss, who is best known for his work

at Comedy Dynamics, the company responsible for some of the best stand-up comedy specials in recent years, "The Toys That

Made Us" is just one of Netflix's many attempts to dominate its catalog with original programming. And judging by how well-received the first season was by critics and viewers alike, that four more episodes are about to drop should come as no surprise.

The first season began with a bang over the winter with episodes dedicated to the Star Wars, Barbie, He-Man and G.I. Joe toy lines. Rather than simply sticking to a chronological retelling

of how they were made, however, "The Toys That Made Us" focuses on both their history and their pop cultural significance.

Hence why the very first entry dives into the story of Lucasfilm's decision to have the small Kenner toy company produce its first Star Wars toys.

Combining interviews and narration by Donald Ian Black with reenactments and archival footage, each episode attempts to pinpoint precisely why these toys became so desired by so

many people. Not just the young children initially targeted by the toy makers, but also the toy makers themselves, as well as the older collectors and pop culture experts whose lives seemingly revolve around them.

Season 2 adds four more episodes about some of the most popular toys ever made later this week. This time around, the show delves into the respective worlds of the LEGO, Transformers, Hello Kitty and Star Trek toy lines. Much like Season 1, these new installments primarily concern original toys or toys based on other media that originated in America. However, the Hello Kitty episode will finally internationalize the series as its subject hails from Japan.

All four episodes of "The Toys That Made Us" Season 2 will begin streaming on Friday, exclusively on Netflix. You can easily get by watching these new episodes if you haven't seen the first four entries yet. But if you want a taste of what to expect come Friday, however, you can binge-watch Season 1 right now.

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Isles hire Lamoriello, what's next for Tavares?

The Islanders have added a Hall-of-Fame executive to their front office.

JOE PANTORNO
joseph.pantorno@metro.us

Big moves like this are a rarity for the New York Islanders, which makes the reported hiring of Hall-of-Fame executive Lou Lamoriello to a front-office position with the team an enormous acquisition for the small-market organization.

The Islanders announced on Tuesday morning that Lamoriello's official role with the Islanders will be president of hockey operations. There was initial speculation that he could also take over as general manager, but it appears that role will remain with Garth Snow for now until his future with the organization is decided.

"We are committed to giving Lou every resource and the full support of the entire organization as we pursue our program to compete at the highest level," Islanders managing

partner Scott Malkin said.

Snow has held the position in New York for the past 12 seasons with minimal success, garnering just one playoff series win in the process. It's upped the Islanders total to just three series victories since 1993.

He's had a difficult time developing the team into serious contenders despite drafting the franchise's cornerstone, All-Star and captain John Tavares first overall in 2009. His job came under serious fire after this season when he remained quiet at the NHL trade deadline in late February despite the team being just two points out of the final playoff spot in the Eastern Conference while possessing the worst defense in the league.

Instead of finding upgrades at the position, Snow did nothing of note and the Islanders subsequently plummeted to the bottom of the Metropolitan Division, missing the playoffs for a second-straight year.

It couldn't have come at a worse time considering Tavares' contract expired at the end of the



The hiring of Lou Lamoriello (left) could help the Islanders secure John Tavares (right). GETTY IMAGES



2017-18 campaign where he officially becomes an unrestricted free agent on July 1. While the Islanders secured a new, state-of-the-art, hockey-first arena in Elmont, closer to Tavares' home on Long Island, the fact that Snow has been unable to build a contender around his best player has made the past six months nervy for the Islanders faithful.

Lamoriello, though, brings legitimacy to the Islanders front office and a seasoned winner that can help guide Snow. The 75-year-old built the New

Jersey Devils from a franchise that Wayne Gretzky once described as a "Mickey Mouse organization" to a force, winning three Stanley Cups in 28 seasons as general manager.

He then joined the Toronto Maple Leafs, a franchise that hadn't made the playoffs in a decade before he arrived, in 2015 where he built a young, dynamic roster that recorded a franchise record 105 points this year.

It sounds as though Lamoriello has known that he's been heading to the Islanders for

some time now. French site Hockey30 reported that Lamoriello met with Tavares last week in what can only be described as a move to lay the groundwork for a long-term contract that would secure the 27-year-old in New York for the rest of his NHL career.

That's the kind of clout Lamoriello will bring to the Islanders front office, which can only mean good things for a franchise that hasn't come close to a Stanley Cup since the Reagan administration.

Report: Rangers hire David Quinn as next head coach

While it was speculated to be a done deal over the weekend, it looks like the New York Rangers have officially hired David Quinn as their next head coach on Tuesday, per Sportsnet's John Shannon.

Quinn reportedly informed Boston University, the NCAA program he had coached at for the past five seasons, that he would be leaving the position for the NHL job in the Big Apple on a five-year deal worth \$12 million.

The search for a new head coach took general manager Jeff Gorton over six weeks after the team fired Alain Vigneault after five seasons, which included an Eastern Conference title in 2014. And while there were some seasoned options on the

coaching market, including on their own bench in assistant Lindy Ruff, the Rangers decided to continue league's new trend of hiring college coaches. The Dallas Stars hired Jim Montgomery, an initial Rangers target, out of the University of Denver earlier this month.

The 51-year-old Quinn saw a promising playing career in the early 1990s cut short due to Christmas Disease, forcing him to continue his hockey career behind the bench. He spent 10 seasons over a 16-year span as an associate coach with Northeastern University, the University of Nebraska-Omaha and Boston University in 1993 before receiving his first head-coaching job in 2009 with the AHL's Lake Erie Monsters.



David Quinn is set to become the Rangers' next head coach. GETTY IMAGES

After one season as an assistant with the Colorado Avalanche in 2012-13, he was brought on as the head coach of Boston University. In five years with the Terriers, Quinn amassed a 105-67-21 record while making three appearances in the NCAA Tournament's regional final and a trip to the 2015 national championship game.

One of Quinn's greatest strengths is his ability to help develop young players, which is just what the doctor ordered for the Rangers.

New York has suddenly gone from a perennial playoff contender to a rebuilding side after dealing away key veterans at the trade deadline last year including captain Ryan McDonagh, Rick

Nash and J.T. Miller. The roster is suddenly riddled with youngsters that are tasked in developing into the future of the organization, whether it be Lias Andersson (19 years old), Neal Pionk (22), Anthony DeAngelo (22), Alexander Georgiev (22), Brady Skjei (24), Rob O'Gara (24) and Jimmy Vesey (24).

Quinn has a track record of helping developing promising prospects and allowing them to take the next step of their professional careers. In his five years at BU, Quinn coached Jack Eichel, Clayton Keller, Charlie McAvoy, Jordan Greenway, Kieffer Bellows, Dante Fabbro, Brady Tkachuk and Jake Oettinger; the last three slated to go early in the first round of the 2018 NHL Draft.

Yanks' Sanchez finding his groove

While it was a less-publicized slump, the Yankees catcher is breaking out in a big way.



JOE PANTORNO
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All is right in Yankees land. With a half-game lead over the Boston Red Sox for the American East division lead and the best record in Major League Baseball, long forgotten are the early slumps that had so many folks worried in April.

The poster child for those struggles was Giancarlo Stanton, the reigning National League MVP traded from the Miami Marlins to the Bronx over the winter to create one of the most imposing lineups the game has seen alongside Aaron Judge and Gary Sanchez. His opening weeks as a Yankee were riddled with boos from home fans, an alarming strikeout

rate that was the worst in MLB and an average that was under .200.

While Stanton and Judge were predicted to put up 50 home runs apiece in 2018, Sanchez was expected to be the team's best overall hitter, providing an average that could hover around .280 with 30-plus home runs.

But he too couldn't find his touch at the plate, showing an alarming lack of discipline as his average slumped to .193 over his first 31 games of the season with 35 strikeouts compared to just 13 walks. However, the power was still present as he launched nine home runs.

Regardless, it was evident that Sanchez was pressing at the plate in an attempt to do too much with pitches out of the zone. While he was swinging at 29.7-percent of pitches outside the zone, he was making contact just 57 percent of the time. Since May 9, he's still swinging at 28.9 percent of pitches outside



Gary Sanchez's change in approach at the plate is starting to pay off thanks to his patience. GETTY IMAGES

the zone, but he's making contact at a 63.3 percent clip, more than six-percent better than his start to the season.

Over the nine-game stretch beginning on the ninth, Sanchez is batting .393 with three home runs, five RBI and an on-base percentage of .500. He already has seven walks, more than half of the amount accrued in his first 31

games compared to just four strikeouts.

It's something that manager Aaron Boone has noticed and is loving.

"The thing that I'm excited about for Gary is I think the first few weeks, he didn't walk," Boone said (h/t Randy Miller, NJ.com). "I think sometimes he can get so hitterish because he can handle so many pitches.

What I'm seeing now is patience, and along with the patience you get into better counts. Now all of a sudden, he gets a mistake, and Gary hits them out of the ballpark when you make a mistake to him. ... When he's controlling the zone, he's on the short list of deadline hitters, and that's what we're starting to see more and more."

**GARY SANCHEZ
2018 STATS
THROUGH
31 GAMES**

**.193
BATTING AVERAGE**

.278

ON-BASE %

13

WALKS

LAST 9 GAMES

**.393
BATTING AVERAGE**

.500

ON-BASE %

7

WALKS

20 years ago today: Mike Piazza debuts with Mets

Indulge me for a moment as we travel back into the late 1990s.

The New York Mets were one of the up and coming teams in Major League Baseball. While they weren't necessarily a threat to seriously contend for a pennant, they were piecing together a roster that could at least scare the Atlanta Braves, who were in the midst of dominating the National League East with 14-straight divisional titles. In 1997, just a year after finishing 20 games under .500, the Mets recorded 88 wins, good enough for their first winning record in seven years.

While they still had to wait for a first playoff berth since 1988, the Mets looked poised to make the next step, entering 1998 with a team centered around the patient bat of John Olerud, young second baseman Edgardo Alfonzo and left-handed ace Al Leiter, whom the

team acquired via trade with the Florida Marlins.

But starting catcher Todd Hundley, who had hit 30 home runs the season before, was recovering from elbow surgery which left much to be desired from the Mets offense, which was a big reason why the team had started the season 23-20.

On the other side of the country, in Los Angeles, superstar catcher Mike Piazza's relationship with the Dodgers was deteriorating to the point where it looked unlikely that he would re-sign at the end of the 1998 season, when his contract was due to expire. Fearing they would lose their catcher for nothing, the Dodgers traded the six-time All-Star and 1994 Rookie of the Year to the defending-champion Florida Marlins on May 15 in a seven-player deal that included Gary Sheffield and Bobby Bonilla heading to the west coast.

Piazza's stay in Florida wasn't expected to last

long, though. The Marlins, who have made it a habit in their 25-year existence to trade away their best players in order to rebuild on a budget (they did the same in 2003 after a second World Series and in 2017 to spark a culture change), were likely to trade Piazza before the July 31 trade deadline.

The Mets were immediately linked to the catcher, much to the chagrin of Hundley, though general manager Steve Phillips initially said he had no interest in pursuing a possible trade.

Whatever happened, whether it was pressure from the very top or the mythical goading from WFAN sports radio legends Mike Francesa and Chris Russo, Phillips' tune quickly changed as he got on the horn with Marlins general manager Dave Dombrowski and pulled off one of the greatest deals in franchise history.

On May 22, just one week after being acquired by the Marlins, Florida

and New York agreed to swap Piazza for Preston Wilson, Geoff Goetz and Ed Yarnall, three players who didn't amount to much in the majors.

Piazza would make his debut the following day, May 23, at Shea Stadium against the Milwaukee Brewers, going 1-for-4 with a double in a 3-0 win.

The rest is history.

After a rough start in New York, Piazza signed a seven-year deal with the Mets after another 88-win season in 1998 and led the team to an appearance in the 1999 NLCS and the 2000 World Series. He hit 220 home runs in New York, more than half of his 427 career round-trippers as he solidified his standing as the greatest offensive catcher in Major League Baseball history and a Hall of Famer, which came to fruition in the summer of 2016 at Cooperstown.

And he's wearing a Mets hat on his plaque, too. JOE PANTORNO



In a one-week span 20 years ago, Mike Piazza went from the Dodgers, to the Marlins and finally, to the Mets. GETTY IMAGES

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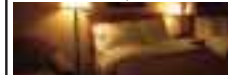
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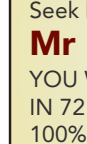
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ACROSS

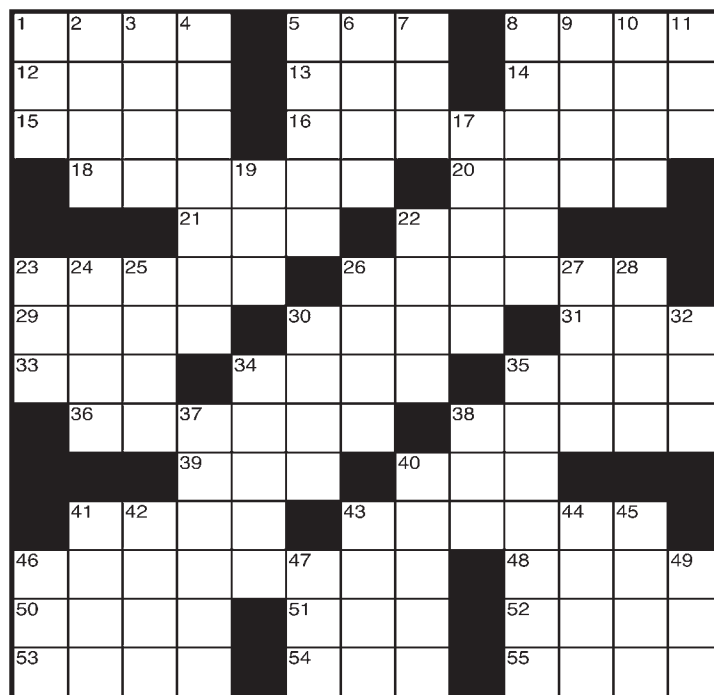
- 1 Cast
5 West Coast hrs.
8 Deadly snakes
12 Buffalo's lake
13 Cry of discovery
14 Game with mallets
15 Armor-crusher
16 A red wine
18 Place
20 Foul callers
21 Cinemax rival
22 Call -- cab
23 Citrus fruits
26 Muffin morsel
29 Kimono closers
30 Sets down
31 --Magnon
33 Rickey ingredient
34 Yours and mine
35 Request
36 Pony pad

- 38 Facetious tribute
39 Chit
40 Paleo opposite
41 Blouse part
43 Not in use
46 Amulet
48 Rust component
50 Husky's burden
51 Coq au --
52 Wheel hub
53 Pancho Villa's coin
54 Tissue layer
55 High spirits

DOWN

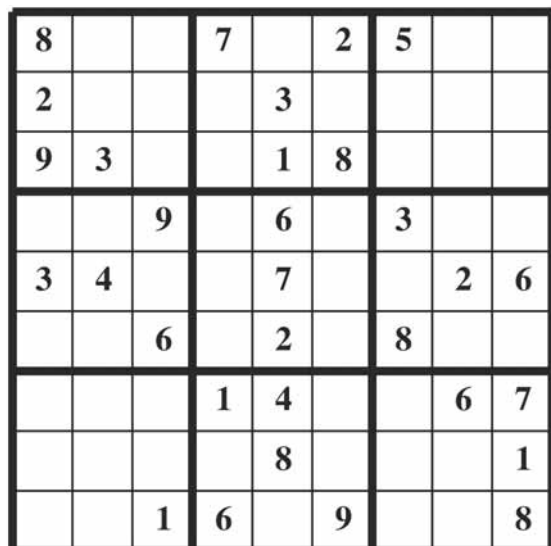
- 1 Appear indecisive
2 Europe-Asia range
3 "Miami Vice" cop
4 Spongers
5 Picasso's name
6 Wingtip
7 Road coating
8 Tarzan's moniker
9 Grease cutter
10 Fringe benefit

- 11 Chicago ballplayers
17 Occasions for seconds
19 Pumper's pride
22 Flowery months
23 Record, as mileage
24 Hieroglyphics bird
25 Money factory
26 Goods
27 USC rival
28 -- bien, monsieur!
30 Humdinger
32 Cereal grain
34 Reed instruments
35 Combining resources
37 A martial art
38 Kin, for short
40 Long-term babysitter
41 Sturdy lock
42 Cheers for toreros
43 Go kaput
44 Unwritten test
45 Did a tapestry
46 Recipe meas.
47 Sports VIP
49 Once known as

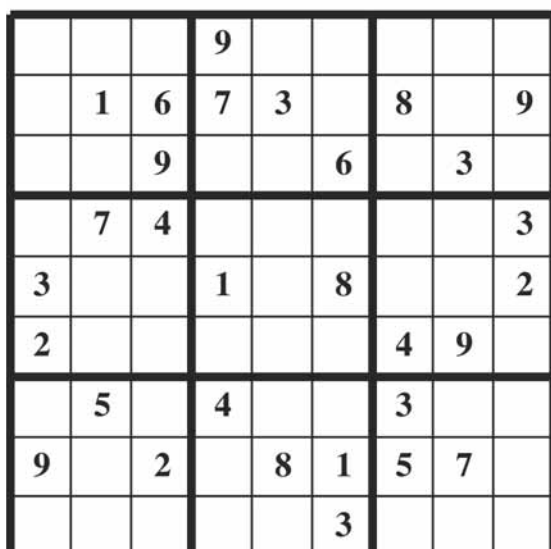


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easy

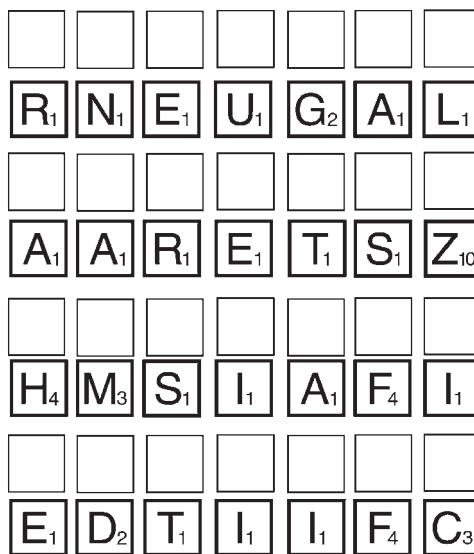


hard



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PAR SCORE 125-135

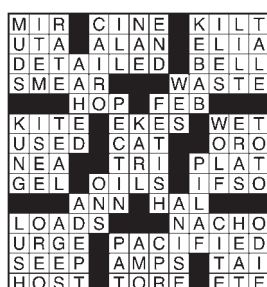
Double
Word ScoreTriple Word
Score3rd Letter
Triple

NEW
TURN BACK TO
PAGE 18 FOR
HOROSCOPES

Yesterday's Scrabble answers.

R ₁	O ₁	O ₁	K ₅	I ₁	E ₁	S ₁	RACK 1 =	71
C ₃	L ₁	E ₁	M ₃	E ₁	N ₁	T ₁	RACK 2 =	72
T ₁	R ₁	O ₁	T ₁	H ₁			RACK 3 =	8
V ₁	O ₁	W ₁	E ₁	L ₁	S ₁		RACK 4 =	12
F ₁	R ₁	I ₁	T ₁	T ₁	S ₁		RACK 5 =	27

Yesterday's Crosswords



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wait until
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